

Group Schedule via zoom:

9-10 AM Nutrition NO GROUPS— 7/4, 5, 15

Computer: Go to <https://zoom.us/j/641939622>

Zoom App on your Smartphone or tablet: Select *Join a Meeting*, enter Meeting ID 641939622

Phone: Call 1-646-558-8656, enter Meeting ID 641939622#, for password press #

11 AM-Noon Check-in NO GROUPS— 7/4, 5

Computer: Go to <https://zoom.us/j/95084929764>

Zoom App on your Smartphone or tablet: Select *Join a Meeting*, enter Meeting ID 95084929764

Phone: Call 1-646-558-8656, enter Meeting ID 95084929764#, for password press #

Board of Directors News

We're looking for talented and thoughtful volunteer Board members. If you can contribute your time and ideas and are interested in exploring this opportunity, contact Shanon Laferte at 603 543-1388, and she will give your contact information to the Board member who manages Board Recruitment.



**Beginning July 16, 2022,
dial 988 to access to The Lifeline.**

The Lifeline accepts calls from anyone who needs support for a suicidal, mental health or substance use crisis.

The 10-digit statewide Access Point number 833-710-6477 will remain in effect, even after July 16, 2022.

988 does not have geolocation capabilities, so if calling from a non-603 number, continue to use 833-710-6477 even after July 16, 2022 to reach the NH Access Point.

Wallet Cards and Flyers are available in English & Spanish: <https://www.nh988.com/about-us/>

The Giving Room

You may shop by appointment only and must be accompanied by staff on the following days:

Next Step - All day Monday and Thursday (see Amber).

Stepping Stone - Monday, 11AM-12PM & 1-2PM (see Kim or Shanon); Wednesday, 1-3PM (see Theresa);

Saturday, 11:30AM-12:30PM (see Joanne).

PLEASE NOTE: We are not taking donations at this time.



Changes to July schedule

Next Step—Closed 7/4; 7/15, open 11AM-3PM; 7/26, open 11AM-5PM; Closed 7/30.

Stepping Stone—7/15, open 11AM-4PM.

YOU CAN TEXT 9-1-1 IN NEW HAMPSHIRE!

HOW:

Type 911
in the 'To' field



Type short description
of the emergency
(no pictures, videos, emojis or group texts)



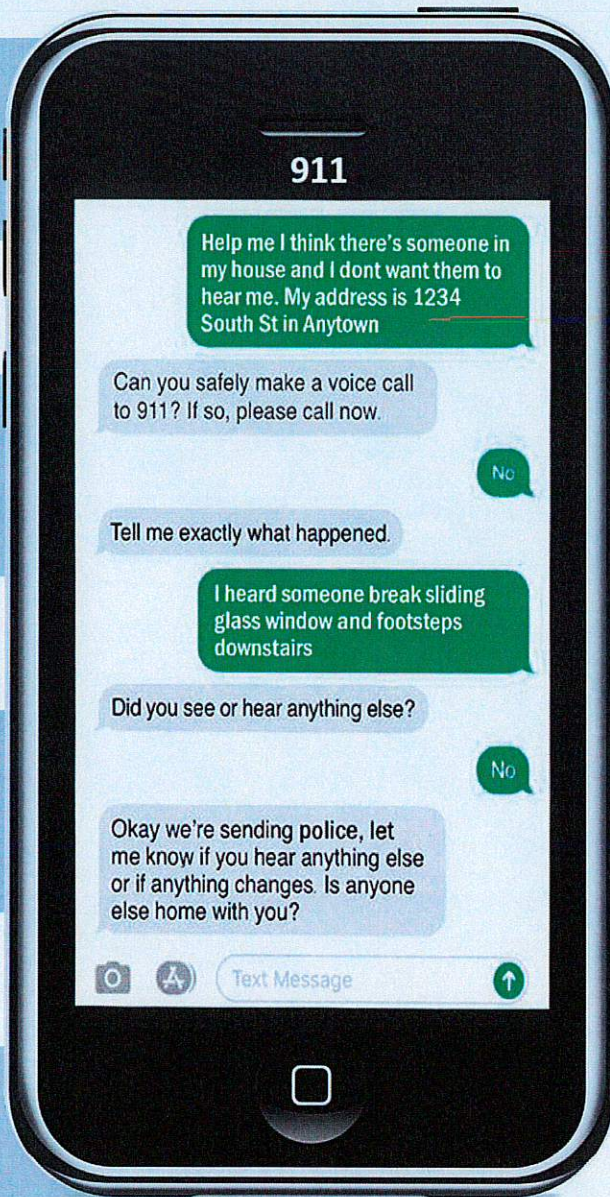
Type exact location
of the emergency



Answer 9-1-1
call taker's questions



Be brief and concise -
Follow instructions



WHEN:

If you are deaf, hard
of hearing or have a
speech disability

If you cannot speak
due to an injury or
medical condition

If you are in a
dangerous situation
and it's not safe to call

If you cannot make a
call because of poor
cellular service

911

CALL TEXT

IF YOU CAN IF YOU CAN'T

If your battery is low



Visit: www.nh.gov/nh911 for more information



Location

62 Pleasant St.
Claremont, NH 03743
603-287-7127



Facebook

<https://www.facebook.com/pg/recoveryresourcecenter>

We believe that the key to long-term recovery is a strong foundation of support and community. The Center is a communal space for individuals and families seeking support for substance misuse and addiction-related issues. We host an array of peer-based, non-clinical programs, and services including recovery coaching, support groups, educational workshops, and drug-free/sober community events.



Mon-Thu 8:30am-6pm

Fri 8:30am-4pm

713 Hartford Ave, White River Junction, Vermont ∞ 802-295-6500
info@uppervalleyhaven.org

-a non-profit, private organization that serves people struggling with poverty by providing food, shelter, education, service coordination, and other support.

Southwestern Community Services

96-102 Main Street
Claremont, NH 03743
Phone: 603.542.9528
Toll Free: 800.529.0005
TTY-NH Relay: 800.735.2964



Please call the Sullivan County shelter at 603 542.3160 for more information about the Emergency Shelter Program or Housing Stabilization Counseling.



141 Mascoma Street, Lebanon, NH 03766
Phone: 603-448-4872 | Email: info@headrest.org

Headrest supports individuals and their families, friends and neighbors affected by substance use, navigating recovery, or in crisis, by providing effective programs and treatment options that support prevention and long-term recovery. Headrest will never turn anyone away.

Upcoming Events & Meeting

Community Meetings

Stepping Stone, Tuesday, 1-2 PM

Next Step, Wednesday, 1-2 PM

Newsletter Workgroup

Monday, 7/11, 10-11 AM

Stepping Stone

NH Mental Health Planning &

Advisory Council

Tuesday, 7/12, 9:30 AM-12 PM

Via computer or smartphone:

<https://nh-dhhs.zoom.us/j/2680146033?pwd=UmxiaXl6VWswclFkcDR0aUZyUkp4dz09>

You can also dial in using your phone.

United States: +1 (312) 626 6799

Meeting ID: 268 014 6033

Password: 691279

Board of Directors Meeting

Wednesday, 7/13, 3:30-4 PM

via computer:

<https://us02web.zoom.us/j/83666825959?pwd=AiLVqXUFG2wHwsQGRgTqhtpm-3Xow.1>

Meeting ID: 836 6682 5959

Passcode: 582624

via smartphone or Tablet:

+13017158592,,83666825959#,,,,*582624
#US (Washington DC)

+16465588656,,83666825959#,,,,*582624
#US (New York)

via Telephone:

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

Meeting ID: 836 6682 5959

Passcode: 582624

NH Mental Health Peer Alliance

Tuesday, 7/19, 10 AM—12 PM

Via computer or smartphone:

<https://global.gotomeeting.com/join/160387205>

You can also dial in using your phone.

United States: +1 (571) 317-3122

Access Code: 160-387-205

Educational Event

Tuesday, 7/19, 1 PM

Headrest w/ Cameron Ford

Stepping Stone

Educational Event

Wednesday, 7/20, 1 PM

Headrest w/ Cameron Ford

Next Step

Mission Statement: To support our mental health peers on their personal paths towards wellness within a community free from judgment where we share feelings, experiences, and tools in a respectful way.

-Adopted 3/13/19

Our programs are funded in part by a SAMHSA Block Grant and the NH Department of Health and Human Services. Our supports are free to NH residents.

“To be beautiful means to be yourself. You don’t need to be accepted by others. You need to accept yourself”

-Bindi Irwin

-born July 24, 1998

Peer Respite in New Hampshire

HEARTS Peer Support Center of Greater Nashua
5 Pine Street Extension Suite 1-G
PO Box 1564
Nashua NH 03060
Telephone: (603) 864-8769

Monadnock Peer Support
32 Washington Street
Keene, NH 03431
Telephone: (603) 352-5093



Suggestion Boxes are at both sites for your ideas and suggestions regarding the Centers. Please place your constructive suggestions in the box. Your name is optional.

How to Reach Us

Stepping Stone

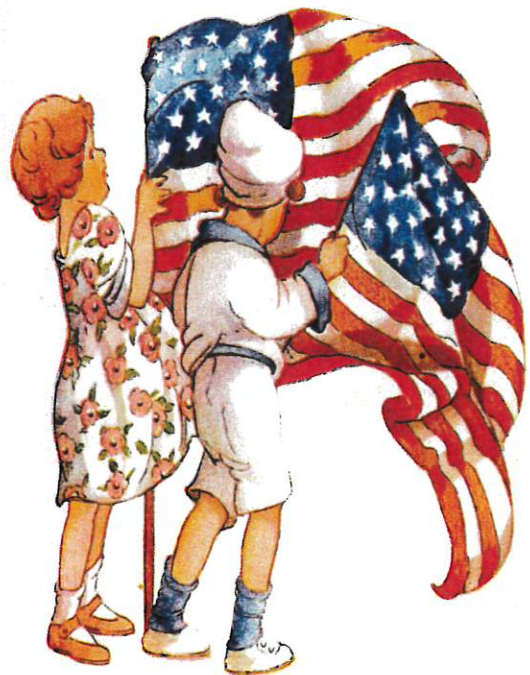
Phone: 603-543-1388
Fax: 603-543-0131
Center hours:
Sunday 11 AM–3 PM
Monday 9 AM–4 PM
Tuesday 9 AM–4 PM
Wednesday 9 AM–4 PM
Thursday 9 AM–4 PM
Friday 9 AM–4 PM
Saturday 11 AM–4 PM

Next Step

Phone: 603-448-6941
Fax: 603-448-0702
Center hours:
Monday 8 AM–5 PM
Tuesday 9 AM–3 PM
Wednesday 9 AM–5 PM
Thursday 8 AM–5 PM
Friday 9 AM–3 PM
Saturday 10:30 AM–4:30 PM

Peer Support Warmline

Our Warmline is available Sunday-Thursday, 4–9 PM; Friday, 4–8PM; Saturday, 4-9PM. To reach our Warmline, call 603 543-1388. If calling long distance within NH, call toll free at 888-582-0920.



Editor: Shanon L. Laferte